

Name of Program: What motivates YOU?

Target Audience: All Grade Levels

Strategy for Implementation: Group Discussion & Activities

Time of Year to Implement: 1st semester

Relevant Learning Goal: # 4 Intrapersonal Intelligence

- Students will explore personal values and identity
- Students will identify ways to support their emotional wellness

Specific Lesson Outcomes:

- Students will discuss motivation and its importance and learn what truly motivates them to help with their current and future productivity.

Purpose: Students will experience burnout and procrastination frequently because they're not fully aware of how to keep themselves motivated. The purpose of this is to help them understand what drives them and how to keep that motivation going.

Planning and Preparation: Review the information provided and gather any necessary supply(s)-

[Questionnaire](#)

[Optional PPT](#)

When gathering input from students feel free to use a word cloud site in lieu of sole communication; especially if implemented virtually.

Introduction: Distribute Self-motivation questionnaires to students and have them fill it out; hide key at bottom until all have completed it. Afterwards, reveal “answers” and discussion about how motivated they feel in general/ currently with various things in their life. (School, chores, sports/ clubs, etc)

Body: (Below is the general flow, feel free to also utilize the powerpoint linked above for more detail/ structure)

What's motivation?

Describe with group

Unveil dictionary def

Talk about 4 groups

Break them up into groups by their type

Have them discuss common methods they've used to help with their motivation

Introduce procrastination

Have students talk about what has caused procrastination for them along with common causes of procrastination

Discuss some ways to fight procrastination

Show students different resources they can use to help them stay on track

Conclusion: Have students reiterate the importance of motivation and why knowing what drives them can help them stay on track. Have extra copies of the questionnaire and encourage students to self-check at the end of the quarter/semester.

Assessment questions:

What is your motivation type and how will you use that info in the future?

Name a couple ways to fight procrastination. Which way might you try based on your motivation type?

Additional Resources:

<https://theofficenewb.wordpress.com/2008/08/27/the-six-types-of-motivation/>

<https://www.healthline.com/health/motivation-top-iphone-android-apps#motivate>

<http://www.thepeproject.com/motivation/index.html>